

# Friends

## Friendships Make Your Life Exciting



1. Friends respect each other and share their ideas, feelings, and experiences
2. Friendships don't always mean that everyone is getting along- sometimes friends are happy and agree on almost everything, other times they disagree and want nothing to do with each
3. Friends are good at sharing ideas and solving problems with- you can learn a lot from your friends, those that have disabilities and those that don't
4. Some friendships help us to grow- having friends from a variety of backgrounds and groups will help you learn about different people
5. Keeping friends is often not easy- remember, your friends need space and time by themselves just as you do
6. The best way to make new friends and keep your old ones is to be a good listener, get along well with others, and be a friendly person



Alabama Department of Rehabilitation Services  
Children's Rehabilitation Service